





V + VI✓  
DEC. 10.

1. Wh. raise 'g + kn. bend 'g + alt kn. (A+L)  
lift 'g - A's swing 'g down. X + fly.
2. St. - Slow leg circle 'g back. alt. (L)
3. St. - A's side. - Sh. back. hold 'g (A)
4. Mk. str. st. - Alt. T. bend 'g sidem. (LAT.)
5. Sq. sitt. - Alt. leg. side. side. back up. (A+B)
6. Bk. ly. - Alt. kn. bend 'g m. ch. lift 'g. (L.B.)
7. Prone ly. - Ad. bent 'g + ch. lift 'g. (U.B.)
8. Same ft. + A. alt. place 'g side + front. (A+B)
9. Jump 'g + str. jump 'g turning (REL)
10. Partners. - 1. Oppk. leg. bk. ly. -  
T. bend 'g front + back.
2. Oppk.  $\frac{1}{2}$  sit - A. joined.  
Alt. leg change.



V + VI

JAN. 14.

1. St. to str. jump m. hl. cleave. (L)
2. Str. st. - A. fling 'g. htm. fold + fly (A)  
m. T. spring 'g. (L.B)
3. Off 'g m. hl. lift 'g broken. - hl. + (A+L)  
too touch 'g f. - off. A. lift  
side, bend, stretch d. Yankee Doodle.
4. Off. - str. sitt. ( $\frac{1}{2}$  gr.) T. twist 'g m. (LAT)  
pre A. sm. s.
5. Long sitt. to balance sitt. (ABD)
6. Str. L. st - T. tw. m. 2 A. fly. (U.B)  
ch. to st. - single A. fly.
7. Sweep 'g swing m. cleave. (S) (L.B)
8. St. - 2 hops m. htm. lift, 2 hops m. (A+L)  
alt. too touch s. + 2 runs on spot.
9. Jump 'g - alt. ft. place in front.
10. Partners.
  1. Off. sitt. - htm. stretching. (L)
  2. Off. htm. - T. broken. bend. alt. (T)  
(U.B)



Y + VI

Jan. 20.

1. Jump 'g - A's stretch 'g + bend 'g upm. (A+L)  
+ hhh. circled 'g.
2. A's swing 'g htm. X + hgy. (A)
3. Hopk 'g m. leg swing 'g sidem. (L)  
2 hhh. then single hhh.
4. Hopk 'g m. hl. lift 'g backm. - hl. + (A+L)  
too touch 'g form. - offh. A. lift s.  
bend. stretch d. Yankee Doodle.
5. 'S' strad.  $\frac{1}{2}$  toe st. side bend 'g. (LAT)
6. Sq. sitt. - legs quing s. s. alt. + 2 hhh. (ABD)
7. Bh. by. - Ch. lift 'g. (U3)
8. Str. st. - 3 floor totes (L3)
9. Run run leap around gym. (REL)
- Bess. 1. Handstand against bars. (3)
2. Offh. htm. - hds on bar. flexing. (3)



V + VI.

JAN. 27.

1. Hk. sitt. - Alt. + double A. swing 'g (A)  
form. + reform.
  2. Long sitt. - Alt. kn. lift 'g + stretch 'g (L)  
m. hands.
  3. Long sitt. - T. bend 'g to ankles m. A. (L+LS)  
bend 'g.
  4. St. 4 knees m. alt. leg swing 'g form. (L+A)  
+ backm. + A. swing 'g form. + sidem.
  5. Rg. Hk. leg. - Quick T. bend 'g form. (ABD)
  6. St. st. - A's in stretch - Alt. A. pull 'g up (LAT)
  7. Cr. Hk. low sitt. - Ch. lift 'g m. A. (U.B)  
rais 'g sidem.
  8. Long sitt. - Alt. ft. crossg sidem. (L.B)
  9. St. front leg. - High rais 'g. (ABD)
- Burs. 1. Monkey jumps. (L) (L)
2. Opp. sitt. (ft. on 5<sup>th</sup> bar) (ABD)  
Ad. to knees.
  3. Ft. on bar st. - T. side bend 'g (LAT)



FEB. 4.

V + VI

1. Kn. st. - A. spring 'g. (A)
2. Recl. <sup>sq.</sup>sitt. - A's parting + slow kn. stretch 'g A's down to side. (L)
3. St. - Alt. leg swing 'g from + back. (A+L)  
+ A. swing 'g from + side.
4. Long sitt. T. roll lt. + st. + over. (A+B)
5. Td. st. - single ft. - knee bend 'g + stretch 'g + pushing off m. side bend 'g. (L+LAT)
6. Partner - U.B. stretch m. half. (U.B)
7. Crash long down sitt. - leg lift 'g m. half of hds. (L+LB)
8. Wg. st. - heel rais 'g + kn. bend 'g + alt. kn. lift 'g m. A. swing 'g to reach, fold, arm side, position (A+L)
9. Jump 'g + scissors jump (L)
10. Str. st. - T. swings st. + lt. (LAT)
11. Bess. 1. Alt. sitt. - Head to knee. (lt. 5<sup>th</sup>) (A+B)
2. Monkey jumps (A+L)



V. + VI

FEB. 11.

1. Ring. hd. br. st. - A. hand'g + (A+L)  
br. stretch'g.
  2. App. hd. <sup>+ same hand</sup> plac'g form. + br. jump'g. (L)
  3. Bk. by. - alt. + double br. lift'g + (A+L)  
stretch'g, m. A. hand'g + stretch'g  
upm. sidw. form. + downm.
  4. Str. st. - T. twist'g st. + br. m. hld'g. (LAT)
  5. Bk. by. to hll sitt. (A32)
  6. Str. L. st. - A's swing'g stn. X + by. (U.3)
  7. Huddle sitt. - T. hld'g form. (L.3)
  8. X sitt. - W. twist'g st. + br. + (H)  
modd'g.
  9. Shipp'g form. <sup>4</sup> walks backm. <sup>4</sup> repeat of h. (L)
  10. Sneaking swing to clbk. (5<sup>th</sup> count.) (T)
- Bars.
1. Side-hand'g of T. + agility (LAT)
  2. Bk. to bar - go down. (L)
  3. Hurdley jumps. (A+L)



12/✓

V + VI

FEB. 18.

1. long sitt. - A. swing 'g stem. (A)  
fold + arm side.
2. Bd. st. - Single kn. bend 'g + (L)  
stretch 'g m. A. stretch 'g sidem.
3. Bl. rais 'g + kn. bend 'g m. A. swing 'g (A+L)  
+ curl 'g + alt. ft. placing sidem. (LAT)  
+ side bend 'g.
4. Bd. kn. st. - T. twist 'g m. alt A. (LAT)  
swing 'g.
5. Bh. by. - Just rais 'g a little + down (A+D)
6. X sitt. Arms swing 'g stem. X + fly (U.B)
7. Str. sitt. T. bend 'g from. + back (L.B.)  
stretch 'g.
8. Jump 'g + h/kh 'g m. alt. kn. lift. (A+L)  
+ dh. A. swing from.
9. St. A's in reach. - alt. side pull 'g up. (LAT)
10. 1. Bess. - 2 leg swing dismount. (A+D)  
2. Off. st. - Knees bend 'g + stretch 'g. (L)  
3. Postures - Bh. stretch 'g. (B)

Through vault -



FEB. 23.

V + VI

1. Jump 'g' on. A. stretch 'g' upon. (L + A)  
sidem. form. + down. double single alt.
2. Walk 'g' form. + back. (4) A's htn. (A)  
pdd + A. side + T. springing (4)
3. Hd. sq. sitt. - Kn. stretch 'g' on. spring 'g' (L)
4.  $\frac{1}{2}$  kn. str. st. - Side bend 'g'. A's in 'S'. (LAT)
5. Long sitt. - to bk. by. on. swinging (ABD)  
swing.
6. Arm side bk. by. - hd. + lt. lift 'g' (U.B.)
7. X sitt. - rocking horse. (L.B.)
8. <sup>P.</sup> Off. lt. support str. long sitt. (N + B)  
lift 'g' of hips on. support.
9. Hk. bk. L. by. - by swing 'g'. (LAT.T.)
10. 4 skips form. + back. + circle. (L)
- Base. 1. Kn. A's overhead. Ch. pull 'g'. (U.B.)
2. Jump 'g' on + off base going up. (L)
3. Handstand.



V + VI

MAR. 4.

1. Hl. rais 'g + kn. bend 'g m. A. (A+L+LAT)  
swing 'g + circal 'g - Alt. Hl. + S. bend 'g.
2. A's swing 'g  $\frac{1}{4}$ ,  $\frac{1}{2}$  + up. (A)
3. St. - Same A. + kn. rais. - Hands (A+L)  
+ Hl. in position.
4. St. - Alt. duck kn. bend 'g m. alt. (L)  
A. rais 'g sidem. up.
5. St. - Alt. Hl. placing sidem. (LAT)  
+ side bend 'g of T.
6. Kn. st. - slow T. bend 'g back. (A+D.)
7. Bh. by - Ch. lift 'g. (U.B.)
8.  $\frac{1}{2}$  kn. st. - T. bend 'g from. m. (L.B.)  
from. kn. straightening.
9. Single file - 2 halves + 1 side kick. (X)

Base. 1. Hanging.

2. Span bend 'g m. halves. ~~FR~~

3. Handstand.





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